



Basic Self-Management Education – Routine Visits Pediatric Patients

Date	Comments – Update Yearly for All
Lifestyle review: (tobacco, alcohol, stress, depression, birth control, pre- pregnancy counseling, physical activity)	
Sick day management & Urine ketone testing	
Medication administration	
Self blood glucose monitoring	
Hypoglycemia treatment	80-180 mg/dl pre-meals; ≤200 mg/dl at bedtime
Nutrition management	
Foot care (separate sheet)	
Eye Care (separate sheet)	
Dental Care (separate sheet)	
Nephropathy	
Neuropathy	
Hypertension (high blood pressure)	
Dyslipidemia	
Formal Self-Management Diabetes Education	